

Universal Access
Program Office
DCR Region IV
Headquarters
PO Box 484
Amherst, MA 01004
413-545-5353
413-577-2200TTY



DCR ACCESS

news

"Integrating People of All Abilities into State Parks"

www.mass.gov/dcr

Spring /Summer/Fall 2004



Cycling Fair at Robinson State Park New Location!

Join us at Robinson State Park in Agawam on May 1 from 11am – 4pm. Try out a wide variety of adaptive bicycles along a wide, paved quiet roadway through the woods near the Westfield River. Bring a picnic lunch! To register in advance, call 413-527-8980. Funded by the Project INSPIRE Grant Project.

Bob and Sharon try out a tandem at an Adaptive Cycling Fair.
photo by Marcy Marchello

In this issue

- Spring Cycling Fair
- Reunion Picnic at Mt. Tom
- Birdwatching
- 2004 Season
- Notes from the Director

NEW! Reunion at Mt. Tom

Come to Mt. Tom on Saturday, June 19, 11am – 2pm, for a picnic reunion with DCR's Universal Access Program and All Out Adventures' staff. Share stories and memories of your experiences in the parks with other Universal Access Program participants and join in the cookout! Hotdogs, chips and soft drinks will be provided. Bring your fishing pole, enjoy a stroll along the accessible woodland trail or attend a nature program after lunch.

A second reunion will be held in Northfield on September 12 at the Riverview Picnic Area, from noon-4pm. Please pre-register by calling All Out Adventures at 413-527-8980. These events are funded by Project INSPIRE.

NEW! Intro to Birdwatching

DCR's Universal Access Program is teaming up with collaborative partners including Massachusetts Audubon, Outdoor Explorations, All Out Adventures, regional birding clubs and environmental centers to help make birdwatching more accessible for people with disabilities. Whether you are a newcomer to birding or an experienced birder, we invite you to join the process and participate in fun outings. If you have worked out adaptive techniques or found useful equipment for watching or hearing birds, we'd love your input! Open the doors to a whole new world! For information about regional bird watching opportunities, call 413-545-5758.

Summer Adaptive Recreation Schedule

Weekly Programs: Adaptive equipment, instruction and assistance provided. No fees.

MANDATORY PRE-REGISTRATION: See Contact info below chart.



Ginger Dudkiewicz rides a tandem on the Norwottuck Rail Trail.



Greg Rivard enjoys canoeing with Zane from All Out Adventures.



Jon Luz flexes his muscles in an adaptive rowing shell in Lowell.

Photos by Marcy Marchello.

PROGRAM	PARK	TOWN	DAY	DATES
Cycling	Norwottuck Rail Trail	Hadley	Fridays	June - September
Paddling	Walden Pond	Concord	Monday	June 28, July 12, 19, 26
Canoeing	Elwell Recreation Area	Northampton	Tuesdays	July - August
Rowing	Lowell Heritage	Lowell	Tuesdays	July - August
Kayaking	Hopkinton State Park	Hopkinton	Wednesdays	July - August
Kayaking	DAR State Forest	Goshen	Wednesdays	July
Kayaking	Douglas State Forest	Douglas	Thursdays	July - August
Rowing	Elwell Recreation Area	Northampton	Thursdays	July - August
Kayaking	DAR State Forest	Goshen	Fridays	July - August

PRE-REGISTRATION CONTACT INFORMATION For weekly summer programs Cycling program

All Out Adventures and Adaptive Sports and Recreation - CALL 413-527-8980

Paddling programs

All Out Adventures -
CALL 413-527-8980

Rowing programs

Holyoke Rows - CALL 413-586-8612

Intro to Camping



June 26-27. Join All Out Adventures for a camping overnight in the forest north of Boston! Learn the basics of camping: How to set up tents, cook meals on a camp stove and sleep comfortably.

Enjoy an afternoon kayaking session, interpretive programs and camaraderie around the campfire! Participants pay for their campsites: \$10 for Mass. residents or \$12 for non-Mass. residents, plus \$10 per person at Harold Parker State Forest, N. Andover. To pre-register, call 413-527-8980. Funded through the State Parks for Everyone Grant Project.

Ashuwilliticook Accessible Cycling and Paddling Day



Join All Out Adventures for an ultimate fun day in which you can cycle and paddle from the same great scenic location in Cheshire. This day will also include accessible hiking equipment demos by Venture Into Well-Being. Sunday, July 11 from 10am – 4pm at Farnum's Crossing off Route 8 in Cheshire. No fee. To pre-register, call 413-545-5758. Funded through the Project INSPIRE Grant Project.

Nickerson Encampment

Join All Out Adventures for 3 nights in mid-August on the Cape in the beautifully forested Nickerson State Park. You provide as much of your own camping equipment as you can, help make at least one group dinner and bring your own breakfasts, lunches, snacks and drinks – All Out Adventures will provide canoeing and kayaking, food for at least one group dinner and assist with camping as needed. Limited tent and yurt sites available – sites paid for by participants. Program cost is \$10 per night per person x 3 nights = \$30. Call All Out Adventures to pre-register: 413-527-8980. Funded through the State Parks for Everyone Grant Project.

Nickerson Camping Session Information

SESSION	ARRIVE	DEPART	COST
August 1-3	Sunday, August 1	Wednesday, August 4	\$30 per person
August 6-8	Friday, August 6	Monday, August 9	\$30 per person
August 11-13	Wednesday, August 11	Saturday, August 14	\$30 per person



Nickerson Campsite Information

SITE #	DESCRIPTION	FEE PER NIGHT Mass Resident	FEE PER NIGHT Non-Mass Resident
5	Yurt – sleeps 4, ramped, elec*, spigot	\$25	\$25
6	Tentsite – up to 2 tents, 2 vehicles	\$12	\$15
7	Yurt – sleeps 4, ramped, elec*, spigot	\$25	\$25
9	Tentsite – up to 2 tents, 2 vehicles	\$12	\$15
10	Yurt – sleeps 6, ramped, elec*, spigot	\$30	\$30

*Yurt electrical service is not sufficiently reliable for use with medical devices and equipment.

Mt. Greylock Summit Hike: August 14-15.



Join Venture Into Well-Being for weekend hiking on Mt. Greylock, Massachusetts' highest peak in Adams. Options for hikes of different lengths at various locations on the mountain and to the summit are available both days. Participants may join together for dinner Saturday night, stay overnight

at Bascom Lodge and have breakfast the next morning on the summit. Enjoy early fall, spectacular views, group camaraderie and teamwork. Come for one or both days! Participants pay for accommodations and meals. For more information and to pre-register, call 413-478-5546.

GREYLOCK PROGRAM COMPONENT	RELATED COSTS
Daily Hiking	None
Saturday Dinner at Bascom Lodge	\$12
Accessible Overnight Accommodations	\$68 for private double
Overnight Accommodations (2nd floor bunk bed)	\$26
Sunday Breakfast at Bascom Lodge	\$5

Clarksburg Camping

Treat yourself to a camping weekend at Clarksburg State Park - a beautiful, quiet park with trails and a swimming pond. Learn the basics of camping or share your skills with others! Camp and enjoy the woods and group activities August 27-29 (2 nights). Campers will pay \$10 per night per person, and split the minimal fee for the campsite. To register, call 413-527-8980. Funded by the Project INSPIRE Grant Project.

Clarksburg Recreation Fair

On Sunday, August 29, a free adaptive recreation open house for the public will take place at Clarksburg State Park. Bike riding, hiking, fishing, nature walks, canoeing and kayaking will be available to try out and enjoy from 10am - 4pm. To register, call 413-527-8980. Funded by the Project INSPIRE Grant Project.



Horseback Riding

Join Windrush Farms for horseback riding at Bradley Palmer State Park in September. Two dates only – Friday, September 3, and Friday, September 10, 10am – 2pm. No fee. To register and complete the required paperwork in order to reserve your spot, call 617-626-1294. This program funded by the State Parks for Everyone Grant Project.

Horseback riding at Bradley Palmer State Park Photo by Marcy Marchello.

Mohawk Cabin Camping Weekend

October 15-17. Join All Out Adventures for a fun-filled cabin camping weekend (2 nights) at Mohawk Trail State Forest during peak foliage season. Explore the woods and do some hiking during the day, share cooking and camaraderie over the fire in the evenings. To register, call 413-527-8980. Funded by Project INSPIRE.

CABIN #	WC ACCESS	SLEEPS	COST PER NIGHT
1	no	5	\$35
2	no	5	\$35
5	yes	3	\$25
6	yes	5	\$35
7	yes	5	\$35

Spring Summer Fall Accessible Hiking Program

Join Venture Into Well-Being on the trail in state parks throughout Massachusetts! Assistive equipment and teamwork help people of all abilities access conventional hiking trails at a leisurely pace. Adaptive equipment includes Terra Trek manual wheelchairs, baby joggers, walkers, crutches and gait belts. These free programs often include nature interpretation and other fun-filled components. To register, call 413-478-5546.

Hikers at Walden Pond going to the original site of Thoreau's cabin. Photoby Marcy Marchello



DATE	DAY	PARK	TOWN
May 13	Thursday	Walden Pond S.R.	Concord
May 23	Sunday	Walden Pond S.R.	Concord
May 27	Thursday	Walden Pond S.R.	Concord
June 6	Sunday	Borderland S.P.	Sharon
June 17	Thursday	Borderland S.P.	Sharon
June 24	Thursday	Borderland S.P.	Sharon
July 8	Thursday	Bradley Palmer S.P.	Topsfield
July 15	Thursday	Bradley Palmer S.P.	Topsfield
July 29	Thursday	Bradley Palmer S.P.	Topsfield
August 5	Thursday	Dunn S.P.	Gardner
August 19	Thursday	Dunn S.P.	Gardner
August 26	Thursday	Dunn S.P.	Gardner
Sept 9	Thursday	Wendell S.F.	Wendell
Sept 18	Saturday	Wendell S.F.	Wendell
Sept 30	Thursday	Wendell S.F.	Wendell
October 7	Thursday	DAR S.F.	Goshen
October 21	Thursday	DAR S.F.	Goshen
October 24	Sunday	DAR S.F.	Goshen

Paddling on the Connecticut River

Join All Out Adventures for day or evening paddling on the Connecticut River. Costs for these explorations are: \$25 per person for a day paddle with a \$50 cap for families, \$15 if you bring your own boat(s), and \$5 per person for an evening paddle. To pre-register, call 413-527-8980. Funded by Project INSPIRE.

DATE	DAY	LOCATION	DESCRIPTION	TIME
July 22	Thursday	Vernon, VT Rt. 142-> Northfield, MA Boat Ramp	8 miles: Vernon, VT-> NH->Northfield, MA	Day trip
Sept. 1	Wednesday	Gill, MA – Barton's Cove	Relaxed exploration	Evening
Sept. 12	Sunday	Northfield boat ramp- Riverview Picnic Area	A continuation from July 22, a 5-mile paddle to a reunion picnic	Day trip/event
Sept. 15	Wednesday	Holyoke - boathouse	Relaxed exploration	Evening

To request this newsletter on cassette tape, or to request assistive listening equipment, or American Sign Language interpretation for state park programs, please call 413-545-5353.



Help us save mailing costs! If you would prefer to receive DCR Access News electronically, email gigi.ranno@state.ma.us and specify adobe acrobat file or text-only file.

Photo courtesy of William Elwell



Notes from Tom McCarthy, Director U.A.P.

Changes for Successful Programming

This year the Department of Conservation and Recreation's Universal Access Program will be expanding the accessible outdoor recreation opportunities in Massachusetts by implementing some new programs and policies beginning this summer. The positive response to our programs and facilities has been overwhelming. Based on this success we feel that we will be able to better serve more visitors by having all participants pre-register for programs. We have reached the point where during summer months people with disabilities, along with their friends and families, can find accessible programs happening in a state park every day of the week. This quick and easy pre-registration process will insure that there will always be enough staff and equipment available to serve everyone who wants to enjoy these great opportunities.

Project INSPIRE is our newest program, funded in part by the U.S. Department of Education. As we begin our first summer season, we will be working with our partners to implement a new fee-based series of programs that will allow participants to take a more active role in their recreational pursuits. The new minimal co-funding provided by participants will be a critical part of a larger sustainable programming initiative that we hope will allow the Universal Access Program to continue to grow and provide the kind of high quality inclusive outdoor experiences we have developed. As part of this initiative we will also be providing a number of recreation scholarships to make sure no one misses out on our programs. We will continue to look for ways to keep our programs viable into the future. Please let us know your ideas for allowing us to grow and fund more accessible programs in Massachusetts State Parks.

State Parks for Everyone (SPE), another program funded by the U.S. Department of Education, continues to expand inclusive programming throughout the State. This season will see more than 50 programs made possible by this grant project. We look forward to seeing you at one of our SPE program days.

Mass. Dept. of Conservation and Recreation
Division of State Parks and Recreation
Universal Access Program
251 Causeway Street, Suite 600
Boston, MA 02114

FIRST CLASS MAIL
U.S. POSTAGE
PAID
BOSTON, MA
PERMIT #3082



Ready for Kayaking?

Join us at any one of the
following parks this summer!

Walden Pond State Reservation,

Concord: Mondays in July

Hopkinton State Park, Hopkinton

Wednesdays in July and August

Douglas State Forest, Douglas

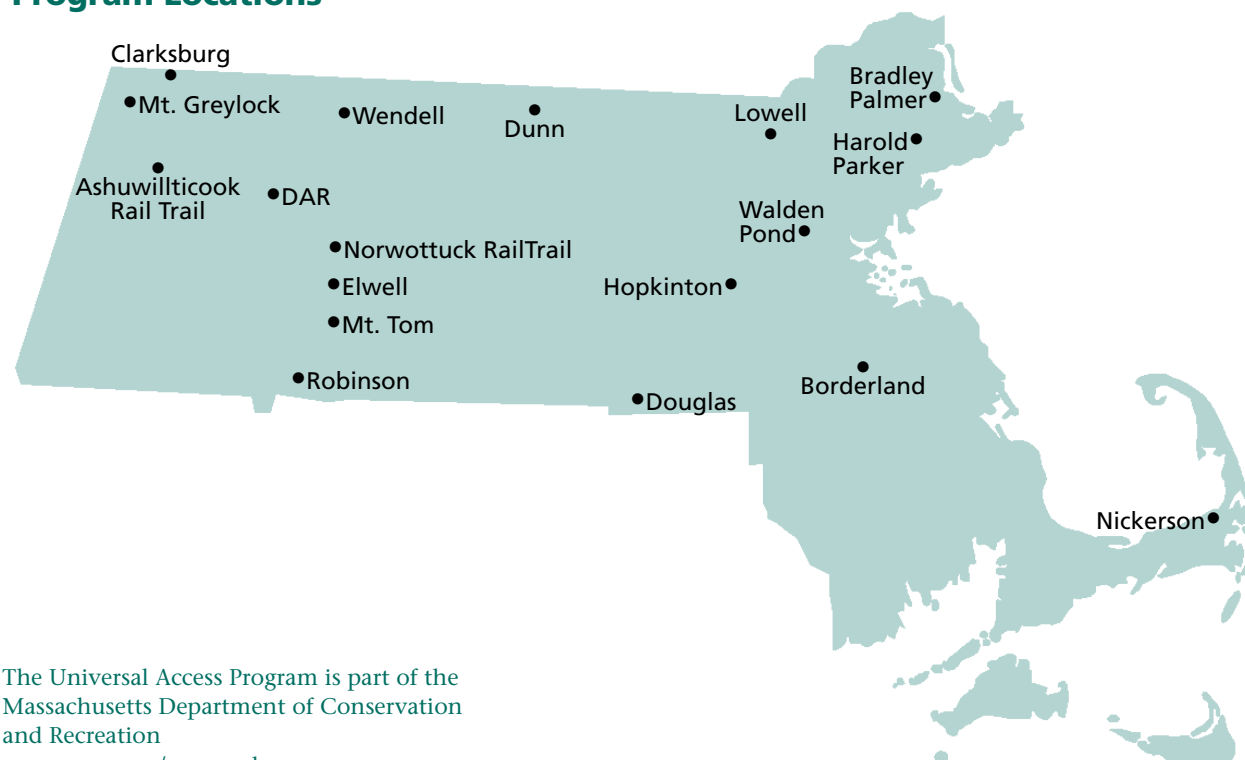
Thursdays in July and August

DAR State Forest, Goshen

Fridays in July and August

Cheshire Reservoir – July 11

Program Locations



The Universal Access Program is part of the
Massachusetts Department of Conservation
and Recreation
www.mass.gov/massparks